



NAVAL RESERVE HEALTH PROMOTION NEWSLETTER

March 2002 Issue 6



RESERVE HP ADSW COMES TO AN END, BUT THE PROGRAM CONTINUES!

Betty L. Kole, CDR USNR NC

It is with heavy heart that I must write this final newsletter in my official capacity as the Reserve Health Promotion Program Manager. This ADSW will come to an end April 11th. I begin leave on March 28th for some much needed rest. This opportunity has been the highlight of my career.

I have been privileged to travel and meet many of you. I have briefed MDR's about our instruction and senior leadership about this program. I have been inspired by reservists from across the country, dedicated to helping create a more healthy Naval Reserve force. There are areas in our country strong in health promotion activities. I stand in awe of your determination, dedication, and creativity.

While much has been accomplished in this last year, there is still much to do. I leave behind a program still in its infancy. Program directors have been identified at each REDCOM. Training for health promotion program coordinators is ongoing throughout the country. Training will become even more accessible with the current work towards making the Basics course a long distance program.

REDCOM health promotion libraries have been initiated. Program infrastructure is in place with an alignment plan which is outlined in this newsletter and available on the redesigned website. (<http://www-nehc.med.navy.mil/hp/reserve/index.htm>) A strategic

plan has been written. A health promotion database has been initiated.

Many individuals, from Advisory Board members to those of you in the field, have recognized the need and spoken of your desire for a program manager in a more permanent position. That is my desire as well. The endeavor is underway at BUMED to find a billet for a three-year recall. We must continue this program to educate and empower our reserve colleagues in leading healthy lifestyles.

I am off to begin new chapter in my life and career. I have accepted a position as nurse educator/case manager in the Breast Clinic at Naval Medical Center Portsmouth. This position will afford me an opportunity to work in another area of nursing that is of great interest to me.

It has been an honor to serve you in new and unique role as Reserve Health Promotion Program Manager. My watch is done. I leave the rest is in your capable hands.



ADDITIONAL QUALIFICATION DESIGNATION CODE

AQD codes identify additional qualifications, skills and knowledge required to perform the duties and/or functions of a billet beyond those implicit in the billet, designator, grade, subspecialty, or Naval Officer Billet Code (NOBC). The criteria for 62-H, Health Promotion Coordinator are NC/MC/MSO officers who have completed the Navy Environmental Health Center Health Promotion Director and Certification Course, completed and passed the certification exam plus one year experience as a program coordinator. You can find out more information about AQD codes at: <https://bumed.med.navy.mil/med00nc/> Follow the links on the right side of the page under the "Career Development Resources" section.

MTR-RA HEALTH PROMOTION ALIGNMENT PLAN

The August 2001 edition of this newsletter identified some civilian resources that are available in communities nationwide. These resources can serve as components of a Health Promotion Program (see Community Treasurechest, August 2001). Reserve personnel implementing Health Promotion Programs should be aware of these resources. There are military resources available for Reserve Health Promotion activities that you should also be aware of.

COMNAVRESFORINST 6110.3 states that Reserve Health Promotion Programs "...will be integrated with already mandated Navy HPPPs." (MTFs are also known as Claimancy 18 programs or the "brick and mortar" facilities). When one looks at the nationwide map of REDCOMs, you will find that some REDCOMs do not have MTFs located within their boundaries. RESCENs can be hundreds of miles from an MTF. Reserve units are scattered about. It can be confusing at best to determine where one would turn for assistance.

The ***Navy and Marine Corps Reserve Activity – MTF Immunization Alignment Plan for 2002*** (https://bumed.med.navy.mil/med07/MED72_page.htm) provides guidance for distribution of immunizations from aligned Medical Treatment Facilities (MTFs) to Navy

and Marine Corps Reserve activities. It has been employed in this venue as a template in building an infrastructure for the Reserve Health Promotion Program. This plan gives reserve programs a starting point in finding available resources with the active duty programs. Utilizing the Medical Treatment Facility (MTF) Health Promotion Programs as resources for REDCOMs and RESCENs is in compliance with COMNAVRESFORINST 6110.3.

Mutual support and networking are key components of a successful health promotion program. These Claimancy 18 Health Promotion Programs offer wonderful opportunities for reservists for flex drills and annual AT opportunities as well as being a resource in support of reserve programs. A sentiment frequently heard among health promoters is, "Let's not reinvent the wheel." By networking and supporting each other, we don't have to.

An overview of the Reserve Activity-MTF Health Promotion Alignment Plan can be found in the following chart. A more detailed plan for individual REDCOMs can be viewed online at: <http://www-nehc.med.navy.mil/hp/reserve/index.htm>.



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RESERVE ACTIVITY-MTF HEALTH PROMOTION ALIGNMENT PLAN

REDCOM/ Reserve HP Director	MTF	POC	PHONE	EMAIL ADDRESS
Northeast CAPT Sue Skinner SKINNERSU.RCO1PO.RC O@cnrf.navy.mil	NACC Newport, RI	LT Mary-Esther Cunningham	401-841-6772	emcunningham@us.med.navy.mil
	NACC Portsmouth, NH	Ellen Payeur	207-438-2110	erpayeur@us.med.navy.mil
	NACC Groton	Marylyn Magness	860-694-2303	msmagness@us.med.navy.mil
	*BMC Brunswick	LTJG Anne Hopkins	207-921-2820	ashopkins@us.med.navy.mil
Mid-Atlantic CAPT Margaret Downey medowney@us.med.navy.mil	NNMC Bethesda	Leigh Houck	301-319-4660	LSHouck@bethesda.med.navy.mil
	NMC Portsmouth, VA	CDR Pat Dorn	757-314-6015	pwdorn@pnh10.med.navy.mil
	*NMCL Annapolis	Susan Hennessey	410-293-1172	ashennessey@us.med.navy.mil
	*NMCL Patuxent River	Mindy Ashton	301-342-4050	mlashton@us.med.navy.mil
	*NMCL Quantico	CAPT Susan Marshall	703-784-3780	srmarshall@quantico.med.navy.mil
	*Washington, DC (BUMED)	CAPT Bonnie Holder	202-762-3497	maholder@us.med.navy.mil
Southeast CAPT Odette Willis ODETTE2@aol.com	NH Pensacola	Jim Sherrod	850-505-6112	psal1jws@psa10.med.navy.mil
	NH Jacksonville	CDR Kathy Natoli	904-542- 5293x12	k_m_natoli@sar.med.navy.mil
	NH Charleston	CDR Kathleen Young	843-743-7224	kyoung@charleston.med.navy.mil
	NH Camp Lejeune	Genice Beightol	910-451-3712	ghbeightol@nhlej.med.navy.mil
	NH Roosevelt Roads	LT James Reasor	787-865-4944	jereasor@rroads.med.navy.mil
	*NH Beaufort	Ivette Dixon	843-228-5520	idxon@beaufort.med.navy.mil
	*NH Cherry Point	CDR Joanne Hill	252-466-0495	jwhill@nhcp.med.navy.mil
	*NMCL Kings Bay	LT Dawne Chambers	904-542-7864	dhchambers@sar.navy.mil
Mid-West CAPT John Oudshoorn oudshoor@macatawa.org	NH Great Lakes	Dave Reid	847-688-5917	djreid@grl10.med.navy.mil
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North Central CAPT Dorothy Mckinzie mckinzie@rea-alp.com	None			Refer to Reserve activities in REDCOM Mid-West, Northwest, & Southwest
South CAPT John Caras DRJCaras@cntllp.com	NH Corpus Christi	CDR Catherine Duggan	361-961-3238	cch1chd@cch10.med.navy.mil
	NMCL New Orleans	Janey Lively	DSN 678-2400 ex3075	jlively@nor10.med.navy.mil
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	NMCL Pearl Harbor	CDR Shauneen Miranda	808-472-9918	smmiranda@prl10.med.navy.mil
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	NH Camp Pendleton	Regina Porter	760-725-1002	rlpointer@cpen.med.navy.mil
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	NMCL Port Hueneme			